

Pocahontas County

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Community Health Needs Assessment Snapshot

Promote Healthy Behaviors

Problems/Needs:

- Stroke-Pocahontas County Rate 116.6; U.S. Rate 47.0: Indicates a status unfavorable to US Rates. Healthy People 2010 target for this disease was 50.0. Peer County Range 70.2-128.1.
- Colon Cancer-Pocahontas County Rate 36.4; U.S. Rate 17.5: Indicates a status unfavorable to U.S. rates. Healthy People 2010 target for this disease was 13.7; Peer County Range 24.4-44.7
- Coronary Heart Disease: Pocahontas County Rate 299.7; U.S. Rate 162.0: Indicates a status unfavorable to U.S. rates. Healthy People 2010 target for this disease was 162. Peer County Range: 179.1-372.2.

Prevent Injuries

Problems/Needs:

- Suicide: Pocahontas County Rate is 31.7; U.S. Rate is 10.9; Healthy People 2010 target was 4.8. Peer County Range was 9.8-33.3
- Unintentional Injuries: Pocahontas County Rate 37.7; U.S. Rate 39.1; Peer County Range 25.3-48.8; Healthy People 2010 Target 17.1. 22.8% of the population in Pocahontas County is 65y/o or older; in the peer counties the population 65y/o and older range is 15.5-22.9%

Protect Against Environmental Hazards

Problems/Needs:

- 6% of houses in Pocahontas County have a high risk of lead hazards; the range of children born in 2001-2002 with elevated blood levels in our peer counties is 3.6 to 10.7, with our county at 3.7%.

Prevent Epidemics and the Spread of Disease

Problems/Needs:

- Pocahontas County results indicated a status favorable to peers. Rate of STD's in Pocahontas County was 1.2, rate in peer counties ranged from 0.7-3.1.

Prepare for, Respond to, and Recover from Public Health Emergencies

Problems/Needs:

- High percentage of elderly in our county who will be dependant.

Strengthen the Public Health Infrastructure

Problems/Needs:

- Pocahontas County currently has a shortage of mental health services.
- 10.8% of the residents in Pocahontas County live below the poverty level; in peer counties the range is 8.4-12.3% of residents that live below the poverty level

Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
Lower the number of strokes, coronary heart disease, and general obesity to a level within 10% of our peer counties average.	Ability of media sources (Newspaper, ISU Extension, Public Health, Websites, Library, Grocery Stores) using a campaign slogan such as "Know Your Numbers". I.E.: Blood pressure, blood glucose, and healthy weight AFFECT People's Behaviors.	County Health Department, Hospital	2015

Goal	Strategies	Who is responsible?	When? (Timeline)
Community Health Status Indicators show that Pocahontas County far outpaces its peer counties in areas such as stroke, obesity, and coronary heart disease. It follows then, that the demand for trained direct care and support workers will be high for the foreseeable future. Home Care and Home Health aides will be particularly critical to our county.	In order to enhance aid retention, an active mentoring program for direct care professionals is a good first step. Mentoring will enhance professionalism, help retention and ultimately increase quality of care. Mentor each new direct care professional for two days during orientation.	Public Health, Hospital, Community College, Outreach	2015

Goal	Strategies	Who is responsible?	When? (Timeline)
Raise awareness and education of mental wellness services currently available in Pocahontas County.	Get brochures out to public places, bathroom stalls, service providers, church bulletins, meal sites, and to anyone dealing with clients on one to one basis. Also use newspapers and websites to share information.	PHN partners and HCA office. ISU Extension, DHS, School RN's	2015

Goal	Strategies	Who is responsible?	When? (Timeline)
To reduce the unintentional injuries in Pocahontas County by 2% by 2015.	1) Continue with Hunters Safety Course	Pocahontas County Conservation	2015